

## Claims

What is claimed is:

1. A dampener for a high lift jack comprising a one-piece flexible member, a first shaft and a second shaft, wherein the first shaft and the second shaft are substantially parallel to each other and both fully penetrate the one-piece flexible member, the cross section of the first shaft is substantially the same shape as the cross section of an I-beam of a high lift jack, the cross section of the second shaft is substantially the same shape as the cross section of a jack handle of the high lift jack.
- 5 2. The dampener of claim 1 wherein the one-piece flexible member is made from a material selected from the group consisting of urethane, polyurethane, ethylene propylene dieneter polymer, EDPM, rubber, closed cell foam, composite blends, and plastic.
- 10 3. The dampener of claim 1 wherein the one-piece flexible member is made from urethane.
- 15 4. The dampener of claim 1 wherein the size of the first and second shaft are smaller than the cross section of the I-beam and jack handle.
5. The dampener of claim 1 wherein the diameter of the second shaft is 1.33 inches.
- 20 6. The dampener of claim 1 wherein the first shaft has a length of 1.95 inches, a flange thickness of 0.60 inches, a flange width of .88 inches and a web thickness of .38 inches.
7. The dampener of claim 1 wherein the one-piece flexible member is 1 inch thick.
- 25 8. The dampener of claim 1 wherein the minimum thickness between the edge of the one-piece flexible member and the edge of the first or second shafts is 0.25 inches.